



Happy Halloween!

September/October 2006

Volume 2, Issue 1

THANK YOU TO
 AMSUS FOR
 MAKING THIS
 NEWSLETTER
 POSSIBLE!

Highlights:

- MWR: A Great Resource for Military Families
- A Look Ahead: Where We Could Be
- Race Provides New Hope for Amputees

Inside this Issue:

From the President	2
Wedding Bells	3
Special Delivery	4
SSC Calendar	6

Cristina Tharin
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First Year Spouses Get Oriented

Kate Masterson

The 2006 USU orientation wasn't just for incoming students but also for their spouses, fiancées, or significant others. On August 17th the Student Spouses Club (SSC) organized an orientation especially for first year student spouses in the USU Student Community Center.



Beginning at 0730 as first year spouses started arriving, each received a folder containing helpful info and brochures about USU and the local DC area. As a special gift from the SSC, they also received a pocket-sized laminated map and metro guide. After signing in, the spouses enjoyed a large breakfast buffet

including pastries, fruit, and breakfast casseroles. For spouses who brought children, there was a nearby area set up with toys, crafts, and movies. New spouses had the opportunity to meet and mingle with each other as well as SSC members over breakfast.

At 0830, Kate Masterson, SSC membership chair, addressed the group to introduce SSC officers and chairpersons and to outline the agenda. Dana Davila, SSC president, spoke next, giving an overview of the SSC and how new spouses could

(cont'd on page 7)

SSC Makes Donation to Fisher House

Kristen Brown

On August 2nd, the Student Spouses Club donated \$300 to the Fisher House from last year's fundraising efforts. The manager of the Fisher House was kind enough to give a tour of one of the houses on base to several SSC members. These houses serve as temporary

homes for the families of injured or sick military members as they are treated at NNMC or Walter Reed. These homes provide a safe, inexpensive place to live right around the corner from their loved ones. Families are given private bedrooms and share a community



kitchen where they are free to cook and socialize with others in the

(cont'd on page 7)



From the President

Dana Davila

I want to extend a very warm welcome to the new spouses who came from far and near to join our community. We all had a wonderful time meeting the spouses who were able to come to our orientation and welcome BBQ. I look forward to seeing you all again at our Halloween Party next month.

We have a really fun group. Please get involved in one or all of our club activities, whether it is helping plan a fundraiser, hanging out with the

parent tot group or trying to win some money at one of our monthly Bunko nights. We hold our meetings the first Wednesday of every month at 6:30 in the USU Student Community Center. If you would like to know more about our club and the activities listed above please attend one of our meetings. I am looking forward to a fun year and hope to see all of you at one of our up coming events.

-Dana

"Please get involved in one or all of our club activities..."

Student Spouses Club Membership Application

If you are interested in being a member of SSC please fill out the form below and turn it in along with the annual dues check of \$25 (made payable to Student Spouses Club) so that we can process your application. Please return application & check to:

Student Spouses Club
C/o Dana Davila
13012 Estelle Road
Silver Spring, MD 20906

Last Name	First Name	Home Phone	Email Address
Street Address		City	ST Zip Code
Student's Full Name		Branch of Service	Year of Grad.
Children's Names & Ages			
Committees you would like to have contact you with more information			

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Party with the SSC

Bridget Davids and Heather Boose

We finished the 2005-2006 school year with a BBQ held outside at the USU pavilion. It was a really nice evening and we want to thank everyone who was able to come. The kids loved the face painting, water balloon toss, and kickball.

We look forward to meeting the many new spouses along with catching up with our current spouses at this year's SSC parties. This October, we will have our

annual Halloween Party where all of the children will be able to go trick or treating around the USU office buildings (see invitation to right!) This is a really fun time for the children, parents, and staff. We will also have our Holiday Party in December and a Spring Party, which will include egg hunting. We hope to see you there!

Check our website for SSC Parties' dates and times at www.usuhs.mil/ssc/.

You and your family are invited to the

Student Spouses Club Halloween Party!

Tentative Date: Oct. 25th, 11:30a-1:30p

(Watch for final date & location on flyers/evites.)



Come trick or treat at USU!



Parent Tot Group Brings Parents and Kids Together

Jill Krause

The Parent Tot Group has been a life-saver for me because of the wonderful friends my daughter and I have made and the support our group gives to each other. This past year, the group has done a lot of fun things together (playgroups, crafts, parks, museums, etc.). My most memorable activity was

when we went to see the Cherry Blossom Festival in downtown Washington DC. We took the metro downtown, ate lunch under the Cherry Blossom trees, and later went walking by the Potomac River. This year, I'd like to set up a date to go downtown and see the National Christmas Tree

as the group hasn't been together to do this yet.

If you would like to join the Parent Tot Group, please e-mail Kate Masterson at jkmasterson@yahoo.com or Jill Krause at jillandalexa@yahoo.com. We look forward to meeting you!

PARENTS

Ellen and Massimo (2008) Federico
Carmen and John (2009) Quiles
Jennie and Dave (2009) Moss
Stacy and Rich (2009) Langton
Melissa and Shane (2007) Weatherwax
Jill and Rob (2008) Krause
Anna and Peter (2009) Everson
Kathleen and Craig (2007) Ainsworth
Stacey and Stefan (2008) Hamelin
Cristina and Baxter (2008) Tharin
Melissa (2007) and Keith Scorza
Carie Tonovitz and Will (2009) Boller
Cara and Gary (2009) Moody
J.C. and Erick (2009) Heygood
Rachel and Todd (2009) Balog

BABY

Mia
Viviana Yadira
Benjamin
Gabriel Paul
Chole Shae
Lauren Elaine
Tristan
Charlotte Anne
Grey Truman
Charles Baxter
Kathryn Marie
Henry Edison
Madison Felicity
Joshua Tyler
Kaitlin Eileen

DOB & WEIGHT

5/17/06, 8 lbs 6 oz
5/30/06, 6 lbs 2 oz
5/31/06, 10 lbs 2 oz
6/3/06, 8lbs 5 oz
6/8/06, 7 lbs 10 oz
8 lbs 4 oz
6/13/06, 7 lbs 5 oz
7/10/06, 7 lbs 15.5 oz
7/14/06, 6 lbs 1 oz
7/31/06, 6 lbs 8 oz
8/3/06, 7 lbs 14 oz
8/5/06, 8 lbs 7 oz
8/7/06, 7 lbs 13 oz
8/16/06, 6lbs 7 oz

*Special
Delivery**



WELCOME New Members!

Allyson Knight (2009)
Tina Osness (2009)
Emily Riley (Grad Student)
Trina Willson (2010)
Vicki Puddy (2010)
April Broussard (2010)
Melissa Martin (Grad Student)
Susan Oliver (2010)
Melissa Brewer (2010)
Chrissy Diffenderfer (2010)
Holly Meyer (2010)
Allison Young (2010)
Dana Palmer (2010)
Nadine Utz (2010)

Where Are My SSC Dues Going?

Rebecca Clawson

Two years ago, I was a first year student's wife. We were coming from Idaho, and I was not having a very good time. However, I got involved with the Student Spouses Club and went to the orientation. I was not sure what a Student Spouses Club was let alone anything military-related. The president at the time said that we needed to pay dues, but I didn't know where the dues were going. Well, I'm glad that I paid my dues, and I am very glad for the SSC.

You might be wondering, "Where do my dues actually go?" Whether you are a first-timer to the SSC or have been in it for one or two years, this will probably clear up that question.

Through the membership fees, we provide money for the Sunshine Committee to buy cards and gifts for the marriages and births of USU students and their families. Dues also help cover costs for Adult Social activities.

Throughout the school year, we have several different parties. The next party will be the Halloween Party. If we did not pay dues, we would not be able to have the food that the Student Spouses Club provides or the candy and activities for the kids.

Dues also help offset costs to produce flyers and promotional materials for club activities.

Any leftover monies at the end of the year allow us to give to charitable causes. Last year we were able to give the Fisher House \$300 (see article on page 1.)

The dues this year are \$25. (Membership application on page 2.) You have until October 31 to turn them in, but it is definitely better if you get them in sooner than that so that you don't forget!



Wedding Bells!*

Leeann (Weed) to Timothy Ori (MSII) married in July
Gigi (Barnhart) (MSII) to Peter Rey (MSII) married at the end of June
Erick Vines (MSIII) to Kristen Shale (MSIII) married in September



MWR: A Great Resource for Military Families

Natalie Trowbridge

MWR stands for Morale, Welfare and Recreation—in other words, a place to find fun things to do. Those of you who are prior service probably know how things work at the MWR, since they have offices at most bases, but being new to the military, I had no idea what the MWR was or what it stands for, so here's a list of what I've learned. At the NNMC MWR, you can:

- find places to go and things to do!
- use their gym, swimming pool, bowling alley, or day care
- sign up for activities, including scuba classes,

rafting trips, 5k runs, basketball or bowling leagues, etc.

- purchase discounted tickets for popular amusement parks, ski resorts, movie theaters, special events, and other area attractions (MWR is a Ticketmaster outlet)
- rent recreational equipment
- get maps and brochures

The MWR office is in the basement of the hospital around the corner from Dunkin Donuts. Their website list times, costs, and activities at www.bethesda.med.navy.mil/main.aspx. Just click on the MWR link or call them at 301-295-0434.

A Look Ahead: Where We Could Be

Christy Ledford



Meet Kellie LaMar, wife of Dan LaMar, USU Class of 2004 alumnus, mom to Luke, 20 months, and Rayna, 4 months. Her family is stationed with the 5th Medical Operations Squadron at Minot Air Force Base, ND, where Dan serves as a flight surgeon:

Q: Where did your spouse complete his internship?

A: Internship in internal medicine at Wilford Hall Medical Center, San Antonio.

Q: What do you see as the biggest challenge of your spouse's specialty?

A: As a flight surgeon and a "real doctor" (as opposed to being a student), he has more responsibility so the hours end up being more than what I expected. The estimates of when he'll be home each evening are often wrong. The hours are always the challenge

for me. I'm learning that in the military, there's more to the job than being a doctor. Being a doctor and an officer seems to add a little more to the job (this may be because of what he's doing now – flight medicine is very administrative in nature).

Q: How often does your spouse deploy?

Generally to where and for how long?

A: As a flight surgeon, he could deploy anytime, typically with the squadron he cares for here, and they always go to either Guam or Diego Garcia.

But it could be anytime, anywhere that they need a flight surgeon. It is possible he will deploy in January for 4 months. If he goes, it will probably be to the Middle East.

Q: What is your favorite memory of USU?

A: Being in DC – enjoy the area while you're there!

Q: What advice would you give current USU spouses?

A: Try to enjoy it as much as possible. Each year of med school gets better.

Get Involved With Adult Social

Toiya Goodlow

Adult Social - the name speaks for itself. This committee of the Student Spouses Club is devoted to providing fun and exciting outings for you and your spouse. Adult social activities are coordinated at least once a month and usually include one of each type of event: a Bunko game night, a book club meeting, and an outing coordinated by the Adult Social Committee Chair. Our past outings include happy hours, movie nights, potlucks, scrapbooking, miniature golf, girls'/couples' nights out, White House tours, walks/runs for charities, and more.

Bowling in Bethesda will be our adult social activity

for October. This event is open to all SSC members and their spouses. Bunko game night will also be held in October. Come out for some friendly competition and let the good times roll *literally* for both these events.

The book club selection for this month is "My Sister's Keeper" by Jodi Picoult. Here's a glimpse into the plot of this riveting read:

"Anna is not sick, but she might as well be. By age thirteen, she has undergone countless surgeries, transfusions, and shots so that her older sister, Kate, can somehow fight the leukemia that has plagued her since childhood. The

product of preimplantation genetic diagnosis, Anna was conceived as a bone marrow match for Kate -- a life and a role that she has never challenged...until now. Like most teenagers, Anna is beginning to question who she truly is. But unlike most teenagers, she has always been defined in terms of her sister -- and so Anna makes a decision that for most would be unthinkable, a decision that will tear her family apart and have perhaps fatal consequences for the sister she loves."

If you have any suggestions for Adult Social outings, book



club selections, or other social events you think other members may enjoy, please contact Toiya Goodlow at toiyagoodlow@hotmail.com. See you soon!

Race Provides New Hope for Amputees

Margaret Legault

As a military spouse, I have had the opportunity to go on various trips and adventures with my husband. The most recent and most rewarding was the opportunity to go to New York City as a member/supporter of the Achilles Track Club, Freedom Team.

The Achilles Track Club (ATC) was founded in 1983 by Dick Traum, the current president and an above the knee amputee, "to encourage disabled people to participate in long-distance running with the general public. Their mission "is to enable people with all types of disabilities to participate in mainstream athletics, to promote personal achievement, enhanced self esteem, and the lowering of barriers between people." Achilles Freedom Team is a group within the ATC that focuses on our wounded Vets, predominantly those who have recently returned from Iraq and Afghanistan. One goal of ATC is to train their members to be able to run the ING New York Marathon.

Gary, my husband, one afternoon asked if I would like to accompany him on a trip to New York City with ATC for the Hope and Possibility 5 Miler. I was thinking about the million things on my to do list, not to mention that at almost six months pregnant the last thing I wanted to do was sit on a bus for four hours to NYC, then stand outside all day in the middle of August, waiting for my husband to finish a 5M.

Regardless, we left the Malogne House at Walter Reed on a Friday morning at 0600. Most of the amputees returning from Iraqi Freedom are stationed there undergoing medical treatment. Their stays are not short—many are at least a year, others even longer depending on the type of injury. I spoke to some of the amputees about how things were going. Many were lonely and bored. They are far from their families, friends, and their units. I watched as enlisted and officers worked together to load up wheelchairs and a lot of bags.

Once we arrived in NYC, we were greeted by numerous camera crews, friends, family members, supporters of the Freedom Team and the New York Fire Department (NYFD). They all were waving American flags and cheering us on as we exited the bus at the Soldiers', Sailors', Marines' and Airmen's Club (SSMAC). Here we got to meet other members of the Freedom Team and I got to hear amazing battle stories. I was so inspired by the attitudes, will-power, and determination of our vets and active duty.

The trip didn't stop here. The rest of the weekend we were treated like royalty by the NYFD. They transported our group from our hotels to all of our activities such as a sunset tour of the Empire State Building, a trip to the Statue of



Liberty on one of the large fireboats, and of course, shopping, but my favorite part was our trips to Central Park.

Did I mention this trip was for Gary to run a 5M? Our first trip to Central Park was on Saturday morning to fit amputees for handcranks (some of whom have never ridden one before) and to give those with prosthesis and other disabilities an opportunity to warm up. ATC provided handcranks to those who needed them.

I have never seen so many smiles as I did on Sunday morning, the day of the Hope and Possibility 5M. The Freedom Team arrived to the race in style, on the back of a fire truck, sirens and all. I was fortunate enough to be able to sit at the finish line and see the looks on the faces of all the finishers. Many of them thought they couldn't finish, and thought a marathon was impossible. Now, they are motivated to train for the ING New York Marathon.

The ride home from NYC was great! I saw such a drastic change in the attitudes of our new friends. This trip not only created friendships, but it created hope, motivation and a goal for our injured soldiers, sailors, marines and airmen. The question now is how to keep this going?

A few members from ATC currently come down once a month from NYC to run with our amputees, but is this enough? Gary and Rick Osness, Co-Presidents of the USU Running Club, have set a goal to get a group to do a weekly run with our amputees at Walter Reed. You don't have to be athletic, just willing to have fun and be a friend. If you, your spouse, or a friend is interested in running with the amputees, please contact Rick Osness at s9rosness@usuhs.mil or Gary Legault at s9glegault@usuhs.mil.

First Year Spouses Get Oriented (con't)

get involved with the club through activities such as adult socials, parent-tot outings, fundraising events, and holiday parties.

Everyone was invited to participate in several games developed to help all spouses get better acquainted. There was a bingo game in which the object was to find spouses in the room who corresponded to descriptions such as "was military brat," "has kids," or "in Army." Spouses also formed groups in categories like "area they currently live in". Once grouped, they answered related questions to learn more about each other and share their experiences.

Afterwards, Fatima Bashir from the University Health Center spoke to the group. Bashir first

explained the difference between care at the student clinic versus the hospital – an often confusing issue for new students and their families. She also covered how the clinic operates and how to make appointments. Bashir concluded by answering questions and handing out brochures and magnets with clinic phone numbers to everyone.

The next speaker, Paul Grossman, from Fleet and Family Support Services, spoke on the many services they offer such as budget planning and resume writing.

After the speakers, SSC members assembled a spouses' panel and began a question and answer session. Questions ranged from where to find childcare facilities and recommended hair salons,

to "where's the Wal-Mart?" SSC spouses had a wealth of insight and suggestions for the new spouses just now learning their way around the school and the DC area. SSC president, Davila, then led the new spouses on a tour of the school.

At 1030, the spouses were thanked for their attendance at the SSC portion of spouses' orientation and went to Lecture Hall E for the Student Affairs panel led by Dr. Wittman, Assistant Dean, Academic Support Services. The panel consisted of several senior USU students and their spouses. They answered questions from the audience of first year students and spouses mainly related to dealing with stresses



of medical school. The panel members shared their experiences and gave suggestions for success with both school and family.

First year students have plenty to get adjusted to as they begin medical school and (for many) their military career. Likewise, their spouses who share in these experiences must prepare to make adjustments as well. The first year spouses' orientation provided resources and support to make it a successful transition.

SSC Makes Donation to Fisher House (con't)

house. Bases all over the country have Fisher Houses to accommodate families in need.

This year, the SSC Fundraising Committee plans to raise money as well as take donations for various causes. In September, a donation box was set up in the Student Community Center to collect craft items, books, and games for the Pediatrics Clinic at NNMC. We are working closely with the Child Life

Therapist, Linda Segel, to help ensure that the children in the waiting areas and those who are in the hospital for an extended stay have plenty to keep them busy. We hope to maintain an ongoing relationship with the Pediatrics Clinic and help them again as more supplies are needed.

We also held a Bake Sale in mid-September to raise money for the SSC. Baked goods were donated by SSC members

for students and staff to purchase during their after-class break and lunch period.

Future fundraisers will include: selling an item at the school bookstore where a portion of the profits will benefit the SSC, another bake sale toward the middle of the school year, and collecting other items needed by specific groups.

If you would like more



information or would like to be a part of the Fundraising Committee, please contact Kristen Brown at boots1222@yahoo.com.

USU Student Spouses Club

WEBSITE:
www.usuhs.mil/ssc/

E-MAIL:
studentspousesclub@yahoo.com

About Our Organization...

The Student Spouses Club (SSC) is an organization for the spouses and significant others of the students at the Uniformed Services University of the Health Sciences. The goal of the Student Spouses Club is to provide support, friendship, and community for student families through a variety of social and service activities throughout the year.

The SSC is a private, non-profit organization.

SSC Calendar of Events

Oct 4: SSC meeting held in the USU Student Community Center at 6:30. *Meetings are open to members and non-members.*

Oct: Halloween Party! Tentatively scheduled for October 25th, 11:30a-1:30p - watch for final date and location on flyers/evite. *Open to members and non-members*

Oct: Sunshine Committee Card Making Party, Date/Time TBA

Nov: SSC Info Sessions, Date/Time TBA

ADULT SOCIAL ACTIVITIES

Oct 26: Bunko - Time/Location TBA

Oct: Bowling - Date/Time TBA

Oct: Book Club - Date/Time/Location TBA - Book is "My Sister's Keeper" by Jodi Picoult.

PARENT TOT GROUP

(Please RSVP for all events to jkmasterson@yahoo.com)

Oct 2: 9:30a Germantown Corner Bakery Washingtonian / Rio Center

Oct 4: 11:00a - Chuck E. Cheese on Randolph Road, Rockville

Oct 6: 10:30a - Castle Park, Germantown, MD.

Oct 9: 10:00a - Germantown Playgroup

Oct 10: 11:00a - Germantown Butlers Orchard Pick A Pumpkin .49 cent a lb.

Oct 13: 10:30a - Wheaton Regional Park, Wheaton.

Oct 16: 12:00 to 1:00p - Silver Spring Silver Stars Open Gym, Silver Spring

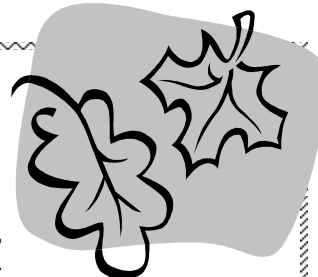
Oct 18: 10:30a - Cabin John Regional Park, Bethesda

Oct 20: 10:30a to 12:30p - Montgomery Village Playgroup at Jill Krause's home

Oct 25: 11:00a - Washington DC National Zoo. Free Admission.

Oct 27: 10:00a to 12:00p - Germantown Butlers Orchard. Pumpkin Festival is \$9

For more information or directions, please contact the SSC email at studentspousesclub@yahoo.com or www.usuhs.mil/ssc/



USU STUDENT SPOUSES CLUB

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